



Workplace Wellbeing Ambassador Program: Discussing Participation with your Manager or Supervisor

As a Workplace Wellbeing Ambassador, it is important to share and discuss your role with your manager or supervisor. Support from leaders is vital for workplace wellbeing. Keeping leaders informed of and involved in workplace wellbeing initiatives can positively influence sustainability and impact.

Key Points to Share:

- Explain the responsibilities of the role to your manager or supervisor.
- Ensure that your manager or supervisor is supportive of you spending a bit of time each week on fulfilling your role as a Workplace Wellbeing Ambassador. The time commitment is approximately two hours per month and may include activities such as reading emails, participating in a brief online orientation, attending in-person meetings and connecting with colleagues to share key resources.
- Contributing to workplace wellbeing aligns with the strategic direction of the university ([Shaping UBC's Next Century: Strategic Plan 2018-2028](#), [UBC Focus on People 2025](#), [UBC Wellbeing Strategic Framework](#))
- It can be helpful to share research findings that support the value of workplace wellbeing initiatives:

Research indicates that employee wellbeing and psychologically healthy and safe workplaces are linked to increased performance, motivation, engagement, innovation and creativity. It supports better decision-making and a culture of continuous growth and learning. When faculty and staff feel safe and well enough to challenge themselves, share/learn from mistakes and take risks, they benefit, their team benefits and the organization benefits as well.

Employees know this as well. 53% are more likely to prioritize health and wellbeing over work than before the pandemic. The top 3 aspects of a job they are prioritizing are: positive culture (46%), mental health/wellbeing benefits (42%), and flex work hours (38%).

On top of this, colleagues and peers are often best placed to encourage and promote wellbeing at work. Recent findings suggest that employees are more likely to make use of mental health resources when they are endorsed by colleagues. Uptake of services increase when talking about mental health and wellbeing is normalized and encouraged.

In our rapidly changing, dynamic workspaces at UBC, there is a growing need to reflect on what employees and teams value. No one knows what you and your team need better than you and your team.

If you have questions about this resource or the Workplace Wellbeing Ambassador Program, email [Lauren Lee, Workplace Wellbeing Programs Coordinator.](#)